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- **Publications 1940-1959**

CANCER

A Summary of the Opinions of Eminent Medical and Surgical Experts of the World, together with the latest Statistical Findings, and General Considerations of Cancer.

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THE PREVALENCE OF CANCER AT THE PRESENT TIME

The Spectator, a leading insurance magazine, published in its issue of April 27, 1933, a statement of the cancer situation which may be accepted as the latest and most authoritative presentation. It is entitled "The Cancer Record of 1932," by Frederick L. Hoffman, L.L.D., Consulting Statistician for the Prudential Life Insurance Company of America.

We quote a few sentences there from which give a real and authentic synopsis of the cancer problem. Dr. Hoffman said in 1927:

"The cancer record for 1926 is a dismal indictment of the failure of modern efforts to check the ravages of this dreadful disease." (By modern efforts he means surgery, radium and X-Ray.) The tables given show a mortality, he says, which reach "The highest figure which has thus far been collectively reached for

American communities."

And in 1933 he says: "Cancer continues to grow in importance as a leading death cause, now being listed second only to heart disease. More than half-a-million Americans have succumbed to its ravages during the past five years."

The American Society for the Control of Cancer was established in 1913 and its slogan was "operate early," which has meant operate on everything, cancers, moles, warts, freckles, birth marks, etc., and the radiumists and the radiologists of the Society have abetted the surgeon with their methods, and yet, in spite of all its activity, the death rate has steadily and continually increased until in 1926 it was higher by 30 percent than it was the year the Society was founded.

As Dr. Hoffman says, "The trend toward a higher death rate is manifested in every direction. The fact remains that we have a vast amount of more malignant disease at the present time than thirty years ago in proportion to the population considered. The increase in cancer has been real and not apparent." Further, he says: — "The vast amount of laboratory research on the one hand, and of cancer propaganda on the other, scents to have had no measurable effect on the cancer death rate. The enormous sums of money which are expended on cancer research seem to have yielded thus far not a fragment of evidence of real value toward the control and cure of the disease."

The underlying facts and conditions of this dismal failure of modern efforts are becoming known to the progressive medical men of the whole world, and the intelligent laymen as well. The Society above mentioned, in its transactions published in 1927, contains the following sentences, which we quote verbatim: — "The aggregate loss of life (from cancer) is appalling." "Considering its continual prevalence and fatality the world has never known such a plague." "One in ten of all deaths are due to cancer." "Cancer mortality is increasing." "During the last 35 years the cancer mortality has doubled."

J. Ellis Barker, of England, writing in 1928, says: —"In 1911 one death out of every 15 was due to cancer; in 1926 one death out of every 8 was due to cancer. In fifteen years the relative cancer mortality has been practically doubled."

This deplorable condition we submit is due to the fact that all efforts, laboratory and operative, were directed to the effects of the cancer disease rather than to the disease itself, and at the present time (1933) there is no evidence of its abatement. Excluding heart affections it heads the mortality list in this country, and we believe that it greatly exceeds the mortality from actual diseases of the heart. In every disease the heart ceases to beat at death, and death certificates are not always exact statements of the disease, which caused the immediate death by heart failure.

CANCER IS A CONSTITUTIONAL, NOT A LOCAL DISEASE

Ancient medical authorities always considered Cancer as a constitutional disease. The blood of a person having the cancer disease is not the same as in one free from that disease. As the blood is the vital fluid that circulates throughout the body, nourishing every cell, it follows that healthy blood will nourish properly. The blood of a cancer patient, not being healthy, is likely to cause disease in any or every part of the body. Hahnemann, the founder of Homeopathy, in 1810 well expressed this when speaking of local disease, he said: — "It becomes apparent upon reflection that no external disease can be originated, hold its place, or, least of all, become aggravated without some internal cause, or without the participation of the organism which consequently must share in the morbid affection."

Sir James Paget maintained that cancer was a constitutional disease from the start having its origin in the blood, due to some specific poison or poisons, and only locally manifested as a result of this toxic condition of the blood. There is no purely local disease known to exist that produces the mortality of cancer, or that is so widely distributed throughout the world as cancer. We need not here discuss the various theories of the cause of cancer, its germ origin, its endocrine origin, its biochemic or other origin. We leave that to the pathologists who deal with death

and dead tissues. Our function is to deal with physiology and life, to strive to correct faulty physiology. Faulty physiology is the basis of all constitutional disease, which in the case of cancer is caused by some chronic or prolonged poisoning in almost any form rendering the blood itself toxic or diseased. From this malfunctioning blood, degenerative changes appear as a result.

Following the ancient consideration of cancer came a period of considering cancer merely as a local disease. This we may designate the surgical era with its mania for surgical operations, which we discuss in another chapter as it is quite another story.

Suffice it to say that at the present time, the progressive medical men and honest surgeons, are of the expressed opinion that cancer is a constitutional disease and not a local one; **hence treatment must be directed to the disease itself and not the lump tumor, or growth, whatever we may call it, which represents the effects of the diseased blood and not the real disease itself. The diseased blood existed before the lump, tumor or growth was discovered. As a result of this toxic condition the growth appears eventually in some weakened spot in the body, stomach, rectum, breast or elsewhere.**

The late Dr. Alfred Scott Warthin, the famous pathologist of the University of Michigan, wrote in 1931: — "Cancer is not simply a local disease; we know now that it is primarily a disease of the entire Organism. An anomaly of the individual constitution. The general constitutional predisposition determines whether an individual can have cancer, its particular site is the organ or tissue, which is most susceptible. The predisposition, not the cancer proper, is probably inherited. The cancer develops when, because of an irritation, age, or other condition the body cannot maintain all cells at normal, and malignant degeneration occurs in some of them."

Professor Deelman of Groninger has made extensive laboratory experiments showing that cancer is a constitutional disease, a blood disease, and that the actual cancer tumor is merely a local manifestation of that general disease.

Professor Deelman is at the head of the National Pathological Laboratory of the University of Groningen, established by the Dutch Government. He presented his findings to the Royal Society of Medicine of London in 1927. Similar findings have been demonstrated at the Cancer Congress of Strasbourg, and confirmed by other investigators.

The late Dr. L. Duncan Bulkley, the founder of the New York Skin and Cancer Hospital, and former senior surgeon to that institution for over 40 years, probably saw and treated more eases of career than any one man in America. He studied the subject more deeply and more arduously than all his critics, and for 30 years held to the constitutional cause of the disease, and was an advocate of a dietetic treatment to prevent cancer as a logical one. He opposed surgery, and naturally brought down on his head the wrath of the surgeons but at least he made the surgical world think, even if it thinks unfairly. He further wrote: — "Not a shadow of proof has ever been presented that the lump which we call cancer is purely local in character."

Does it mean anything when we find the blood chemistry of the cancer patient changing, with a persistent loss of flesh, when we note the potassium salts running low even to disappearance? Is not the anaemia and cachexia worth recognition? The barren theory, which teaches cancer to be a local condition following irritation, should not be a difficult one to cast aside, and establish facts in its place.

The proofs of the constitutional basis of cancer are becoming more and more evident every day and are so plain that even the laity easily understands them. The following are a few points that cannot be successfully controverted or set aside: —

1. If cancer were purely a local disease, its immortality would be reduced by surgery. But it has increased tremendously under surgical treatment, so much so that advanced thinkers consider it no longer a surgical disease but a medical one.

2. Recurrences after surgery or the radium treatment are the rule. If the disease were local and removable no recurrence would take place. A recurrence is a

positive proof that the disease is a systemic one, for it emphasizes the fact that the tumor is merely the local manifestation of the cancerous state.

3. If it were a local disease, diet would have no place in its treatment, whereas many cures of cancer have been wrought by diet alone or in conjunction with some simple constitutional treatment.

4. Simple operations for warts, moles amid birthmarks have by their traumatisms stirred up in patients having a latent tendency to cancer a real outbreak of the trouble. Paget says: "The surgeon has unwittingly supplied by the local injury what was needed for the production of the cancerous growth." It has been truly said that "a constitutional disease cannot be cured by emitting off old warts, moles, etc."

5. Cancer is curable and preventable by measures, which neutralize the toxin and turn the pathological processes of the cancer disease into healthy physiological functioning of the affected person.

6. The pre-growth, constitutional symptoms, which may be found in practically all cases, would be absent if the disease were merely local. With blood that is tainted or cancer-bent there are invariably symptoms. Disease is always represented by symptoms and the cancer disease presents its special pre-growth symptoms.

7. When physicians study these symptoms carefully they will be able to cure and prevent the disease. Many physicians have already done this and their success is on record. Medical literature is full of cures of cancer, for a well trained and observant physician will recognize a cancerous case long before the surgeon who has to wait until the growth appears even to diagnose the condition, and much valuable time is lost, so much that one reason at least for the failure of surgery is apparent.

THE FAILURE OF THE SURGICAL TREATMENT OF CANCER

There never has been such a revulsion against surgery in the treatment of all forms of cancer as exists at present among the medical profession throughout the world. During a recent trip, that entitles the writer to eligibility as a member of the Circumnavigators Club, it was observed to exist in all the countries visited.

The only exception to this statement is the assertion of the American Society for the Control of Cancer, a society whose membership is composed almost exclusively of surgeons, radiumists and X-Rayists. We find this society claiming that no case of cancer was ever cured by any means except that of surgical operation.

Its slogan is, "Do your operating early; any sort of growth; pay no attention to the cause. It must be removed even to warts, moles and large freckles."

This society was established in 1913 when the mortality rate from cancer was 87.9 per 100,000 population. In 1924, after 11 years of its activity, the mortality of cancer had advanced to 128.8 per 100,000 and is still going up. There were 500 more deaths from cancer in New York in 1927 than in 1926. The statistics of this society, as to the beneficial results of surgery in cancer, must be looked on with suspicion if they include "warts and large freckles," on which early operation is advised.

The late Dr. Hoyt summed up the whole matter when he wrote, "The assertion of surgeons of 100 percent of cures by surgery of cancer in all localities sounds like the figure of speech in rhetoric called hyperbole."

It has further been the policy of this association for fifteen years to devote its efforts to scaring people into early operations, which in countless instances has had for a result the hiding from physicians their real conditions, rather than submit to surgical exploitation. While this has given them a longer lease of life than they would have had if they had submitted to surgery, it has rendered the ultimate cure by reasonable medical measures impossible.

The Journal of the American Medical Association expresses the idea and stresses

it, that cancer is un-preventable, by bidding its readers to wait until cancer has actually declared itself by some growth, and then have this growth resulting from the cancer disease, surgically removed. This is a doctrine beneficial to the surgeon only but most disastrous to the unfortunate sufferers and is a doctrine criminal in the extreme.

Every disease has a cause, and from the earliest times the first duty in medicine is to remove the cause thus making every disease preventable.

Why are books practicing this doctrine of disease prevention tabooed by the American Medical Association, why does it not admit to the columns of its Journal, in the face of the ever growing immortality, articles from men who have devoted their lives to proving the doctrine of career prevention and thus relegating the activities of the surgeon to the oblivion it deserves?

I submit the following symposium by keen observers, as evidencing the absolute worthlessness of surgery in cancer. The British Medical Journal of October 1923, contains the following: — "Can there be any doubt that in many respects the knife is a ghastly failure in cancer?"

Sir James Paget, the well known British authority, said: — "The cases in which cancer does not return after an operation is not more than one in 5OO," And again: —"I believe the removal of the local lesion makes no material difference in the average duration of life."

In an address before the Pathological Society of London, the same authority spoke as follows:

"We have failed to cure cancer as a local disease. Every excision of cancer followed by a return is a failure. If we can have any hope at all of curing cancer, it must be in a study of it as a constitutional disease".

Dr. Alfred Pearce Gould, one of the greatest of English surgeons, wrote in 1910: — "Cancer is not a disease attacking the body from without." And again: —"There is a cure of cancer apart from operative removal."

Mr. J. Ellis Barker writes: — "Our cancer experts preach much to their advantage, that cancer is un-preventable and incurable except by surgical intervention, although surgery has disastrously failed to stem, or even delay, the ever swelling cancer tide." And again: —"It is a great misfortune that cancer researchers and cancer surgeons consider, as a rule, a cancer victim 'cured' if he or she is alive three gears after the operation. Of those alive after three years, a very large percentage die during the fourth or fifth years." And again: —"The advice to look out for any suspicious growth and to have it cut out at the earliest moment may be right in the abstract, but it is practically useless in the vast majority of cancer cases because internal cancers are usually inoperable at the time their presence has been discovered. One might ask, do surgeons follow this counsel as to themselves? If so, why is the mortality among physicians and surgeons vastly higher than that among coal miners, farmers, agricultural laborers and many other occupations?"

Dr. C. L. FitzWilliams in the London Lancet 1927, says: — ''There is something that recommends a study of this disease to our close attention, and that is the poor surgical results we have obtained up to the present time." Dr. FitzWilliams alluded to cancer of the tongue in which operation is a failure even at an early stage of the disease. Dr. Alfred Greil writes in the Wiener Klinische Wochenschrift as follows: — "Both surgical operation and radiological treatment create the most favorable conditions imaginable for the increase of those cancer cells which have remained behind or which have gotten into the system."

Dr. Samson Handley, a well known cancer surgeon, writes on page 198 of his work, Cancer of the Breast, 1922: — "The literature of cancer therapeutics does not contain the record of a single fact that cannot be paralleled among the histories of untreated cases."

What an admission is this! Why continue the horrible mutilations of the female breast when such are no better than the un-operated?

Dr. A. Rahagliati in his work writes, "In the great majority of cases cancer cannot

be cured by the knife. By the time the cancer (growth) has occurred, the blood has been for so long a time so loaded with effete material that no mere removal can be of any avail, and the general truth of the aphorism, 'once cancerous always cancerous' becomes too apparent." And again: —"Recurrence of malignant disease after the freest removal by the knife being unfortunately so common as to be the rule."

Sir Berkeley Moynihan, one of Britain's greatest surgeons, deplores surgery in cancer, and says: "It is a melancholy but indisputable fact that despite the activities of a small body of surgeons in this country, carcinoma of the stomach is almost always an incurable and fatal disorder."

Drs. Denver and MacFarland state on page 416 of their book on the Breast, referring to cancer: — "All that we know is to remove it, * * * * but we still nothing to cure it."

A frank acknowledgment by two great surgeons that surgery is a failure.

Dr. James Wood of the Royal College of London says: —

Gentlemen, I have operated on some thousand cases of Cancer, and they all returned but six and they were not Cancers.

Dr. Thomas W. Cooke of the London Cancer Hospital says: — "from 1881 to 1893, there were 413 cases of Cancer operations, and the average time before they returned was only six months."

Dr. Monroe of Scotland operated on 60 cases of Cancer and only four out of the sixty were successful, which means that fifty-six died.

Dr. Walsh in his work on Cancer says: - "The knife can neither he regarded as a means of curing Cancer nor of prolonging the life of the patient."

Dr. H. C. Hoe operated on 200 cases of Cancer of the breast with only 13 recoveries. The chances are that these 13 were not cancer and lacked the systematic infection of the disease.

Heurteaux, a French surgeon, followed up 284 cases he had operated on for Cancer and found that all save 7 still had it.

Friedrich collected 500 cases of Cancer of the uterus, operated on by himself and colleagues and found only 13 of them alive after 5 years, a death rate of 97.4 percent.

Dr. G. E. Ward, Howard Kelley Hospital, Baltimore says: — "The acknowledged poor results obtained by surgery in cancer of any sort are well known to the profession."

Journal of the A. M. A., March 1926, p. 730: —— "Cancer of the stomach—Number of cases of cancer of the stomach reported 2O8. Average survival after gastroenterostomy is seven and a half months; average survival after gastrectomy is two years. Of 91 gastrectomy cases, only six are alive, eight died of recurrence and one of the survivors has pernicious anemia.

Better results would have obtained by dietary treatment alone, the patients would have lived longer and have escaped the pain and suffering from the operations. American Journal of Medical Science, 1914, states: — "That of 1000 surgical cases of cancer of the stomach collected by Friedenwald, not a single one was alive at the end of one year, the majority having died within six months after operation."

Dr. Crile in the A. M. A. Journal: — "Cancer of the rectum—the majority of statistics give a mortality of 90 to 100 percent with an immediate mortality of from 7 to 20 percent."

Levin states that many cases of carcinoma of the breast, after operation, die of metastases in different organs without a local recurrence in the breast.

Long Island Medical Journal, March 1926: — "The average duration of cancer of the breast in operated cases is 243 months."

Journal of the A. M. A., April 1927: — "The average duration of untreated breast cancers is 40.5 months."

Dr. Mayo, the best known of America's surgeons says, "After amputation of a cancerous breast under the most favorable circumstances, I believe that in 99 cases out of 100, the disease returns."

Dr. Ewen, Liek, Danzig, a leading German surgeon, states: — "Not only in the case of cancer of the breast, but also in the other forms of cancer, I am oppressed by the thought that the knife, even if wielded by an able and experienced surgeon, does not prolong life but greatly shortens it."

Dr. McFarland, professor of surgery in the University of Glasgow, says: — "The operation never arrests but uniformly accelerates the progress of the disease."

Dr. E. G. Jones, the author of a large work on cancer, says: — "I have never seen a case of cancer cured by surgical operation. I have seen cancer of the breast operated on from 8 to 12 times before death closed the scene."

The late Dr. Elnora C. Folkmar, Director of the Anti-Cancer Center of Washington, D. C., said: "Cancer specialists who employ surgery, X—Ray and radium in the treatment of cancer now admit failure to stem the increase of cancer or to effect a cure."

Dr. E. M. Perdue, Medical Editor of Kansas City, writes: — "After surgery, cancer of the breast is most difficult to cure. Cases, which have been operated on, are the despair of the physician interested in the permanent cure of the patient and in the saving of life. The reasons for any immortality from cancer of the breast may he assigned to neglect, surgery and X-Ray."

During a medical life of more than 50 years the writer has had the usual share of cancer patients that falls to the ordinary medical practitioner with somewhat extensive hospital connections and with abundant opportunities for observing this disease in its various manifestations at home and in the large hospitals of the old world.

He can truly assert that he has never seen a single case of true malignant constitutional cancer cured by surgical measures, whether taken early or late, among the thousands of cases that have crossed his medical field in these 50 years and he is firmly of the opinion that the advice to operate early has furthered the development of the malignancy and hastened the fatal termination in the majority of cases.

Cancer researchers and surgeons tell us that Cancer is not preventable, and is incurable except by operation. We would challenge this statement and substitute therefore this sentence:

Cancer is a preventable disease and operation invariably fails to cure the disease. Tuberculosis is preventable, Syphilis is preventable, Gout is preventable, Skin Diseases are preventable, and surgery fails to cure any of these affections.

Would we say the removal of a tubercular joint cured Tuberculosis, the excision of a syphilitic gumma cured Syphilis, the amputation of a gouty big toe cured Gout or the skinning of a patient, a la St. Bartholomew, cure Psoriasis?

An eminent pathologist, cited by Bulkley, sums up the whole surgical side in the following words: "THE DAY OF CANCER SURGERY IS PAST. THERE IS NOTHING IN IT."

If surgery were a successful treatment for Cancer, we would see in large cities a diminishing mortality from that disease. We would see a much smaller mortality in cities than we see in rural districts. But, as Bulkley points out, and as the statistics show, this is not the case. Surgery, as practiced in cities, is ever increasingly skillful and bold, yet, and perhaps for that very reason, the mortality from Cancer is increasing.

Where there is much surgery, the mortality is higher. San Francisco is a surgically bedridden city; it has few physicians but hundreds of surgeons, big and little; it has a large number of almost exclusively surgical hospitals; nearly every patient is operated on early and late, and re operated on; no case of cancer escapes. We are

not astonished when we read that the mortality from cancer in San Francisco exceeds that of any other American city. (See Hoffman, "Mortality from Cancer Throughout the World.") In cities where surgeons are few and physicians are preponderant, as for example Seattle, Memphis, Savannah and others, the mortality is less than one-half that of San Francisco.

The surgical effort at cancer costs the people each year at least $20,000,000, and the mortality tables show nothing but a greater and greater death rate.

The inevitable harvest of the "operate early" crop is a higher death rate, unending suffering, recurrence after recurrence, and worst of all, impedes a rational therapy directed to the constitutional involvement rather than to the local manifestation.

Tuberculosis mortality under skillful medical treatment and guidance has fallen 30 percent since 1900. Cancer mortality during the same period has increased 30 percent. Both are constitutional diseases, but, fortunately, Tuberculosis is not within the recreation grounds of the surgeon. What is the answer?

1. Cancer is a serious constitutional disease that requires constant medical care from the time it is first suspected. It can be discovered by manifestations, long before the growth, lump or sore appears, which are known as pre-growth symptoms.

2. Cancer specialists who announce the cure of cancer by removing the growth, lumps or sores by surgical operation, X—Rays, radium or pastes should be avoided.

3. Cancer is not contagious. There is no case on record where Cancer has been contracted by a physician from a patient. The disease is not communicated from one to another, though there is a hereditary susceptive disposition as in Tuberculosis and other constitutional diseases.

4. Cancer is not a disgraceful disease. There is no reason to be ashamed of it or to hide it.

5. As soon as Cancer is suspected by symptom, lump or sore, it should be at once cared for by a competent medical man. As in all diseases, the earlier treated the sooner cured.

6. It is not an incurable disease if taken early and properly treated by careful dietetic and medical measures. Being a medical disease, surgery should be avoided.

7. Anything suspected to be Cancer should not be handled or squeezed, but kept free from irritation as this increases and spreads the local sore and hinders and often prevents the cure.

8. It is not necessary to operate on Cancer; it does not prolong life nor relieve suffering. The disease invariably recurs after operation or spreads to or appears in other more vital parts of the system, and a like result follows the use of radium or X-Ray.

9. The rapid rise in time mortality of Cancer is due to:
(a) Operations made early on suspected lumps or tumors, removing lymphatic protective glands, which have important functions, thus rendering the inevitable recurrence mortal.
(b) Not recognizing the constitutional basis of the disease.
(c) Radium applications or deep X-Ray measures.

10. It is not necessary to incise a cancerous growth to diagnose Cancer. The traumatizing of the tissue does more harm than good.

Being familiar with the foregoing dialogue, the wise physician will advise his patients to stay at home and be treated rather than go to the surgeon for operation on a medical disease. His is patients will be ever ready to avoid the operating table even though it be in style to 'be operated.''

As a fitting epilogue to this article, we call attention to the authoritative and credible report of the Massachusetts Commission which stated that the average mean duration of all types of Cancer for 1921, 1922, and 1923 is 22.8 months for

those cases operated on; 20 months for those not operated on!

Here is the great triumph of surgery in Massachusetts. With all the pain, anxiety, mental suffering and financial expense of operation, only 2 months and 24 days of life prolongation! Is this SUCCESSFUL treatment?

The surgeons of Boston and Massachusetts are of the most skillful; they are as zealous of their business to operate as those of San Francisco. Is it improbable that they follow the advice of the American Society for the Control of Cancer and operate on everything, even "warts and large freckles," which might account at least for the 2 months and 24 days of life gained? The mortality in Boston from Cancer is second only to San Francisco in height among the cities of the U. S.

I submit that the results of surgery in Cancer warrant its total abandonment, which alone would lessen the mortality of that disease.

I submit, further, that Cancer must no longer be considered a local affection. Who can name a local disease that has the mortality of Cancer? If Cancer were local, surgery would not be the ABSOLUTE FAILURE it is.

THE FAILURE OF RADIUM AND X-RAYS IN CANCER AND THEIR DANGERS

As a treatment of Cancer, the use of radium cannot be too strongly condemned. Many of the foremost users of radium are now saying that not only does it not exert a cure in Cancer but also that it so poisons the system that patients taking it speedily reach the hopeless stage of the disease.

The sad spectacle of the girls in the watch factory in New Jersey, more than forty of whom died from what are termed its infinitesimal effects, is still fresh in our minds. The numerous cases of Cancer that have come under the writer's attention, treated by radium for relief from their cancerous conditions, were refused treatment for their Cancers until they had eliminated the radium from their systems, but unfortunately, most of them died not from Cancer but actual radium poisoning.

A celebrated French authority, Dr. Cathelin, Chief Surgeon of the Urological Hospital in Paris, writes as follows on radium, and it was in France that radium was discovered: — "Radium and X-Rays are evidently not specifics for cancer. They are powerful coagulators of albumins. They only act by force of their destructive effects, this being true they only act on external tumors, such as on the face, skin, etc. All deep tumors without exception escape their action. Especially do they fail in cancers of the digestive tract, the kidney, the bladder, the prostate, in fact those grave cases are what we have a great interest in curing. Radium and X-Rays have never cured deep cancers."

In an address before the Canadian Club of Winnipeg, Canada, in August 1930, Dr. A. H. Burgess, Professor of Clinical Surgery at Victoria Hospital, Manchester, England, said: — "Radium and Surgery are not cures. To cure means to restore the affected part to its normal functioning, and neither radium nor surgery accomplishes this."

The former President of the British Medical Association further explained that he was confident that a medical treatment would be found which would so profoundly influence the "anarchistic" cells that they will resume their normal work as parts of the body. This, he believes will be a drug or serum which will reach the Cancer cells, not only at their main focus but wherever they had migrated.

"Writers in the Journal of the A. M. A., November 1930, speak of the uselessness of radiation as follows: — "Occasionally one sees metastases decrease in size and in bone metastases the pain relieved, but we have never seen a case cured by any type of irradiation."

The Chicago Press service of London communicates the following under date of October 8, 1930: — "That radium is not yet established as a cure for cancer and is at present a VERY DANGEROUS weapon which will do more HARM than good unless used with the greatest care is the caution and warning contained in the first

annual report of the radium commission issued today. The report emphasized also that it could not too strongly deprecate the creation of false hopes on the value and efficacy of radium treatment in disease."

Francis Carter Wood, Journal of A. M. A., October 18, 1930: — "They will learn the regrettable fact that irradiation sufficient to destroy all the cells of a tumor can rarely he put through the human skin without such damage as is irreparable."*

(* Dr. Francis Wood appeared as a witness for the Government during the FDA trials against Dr. William F. Koch PhD. M.D.)

Other authorities voice the same condemnation of these agents as follows:

Dr. J. P. Lockhart Mummery writes in the London Lancet 1929 on the deep X-Ray treatment of cancer: — "My opinion is that deep X—Rays as a means of curing cancer of the rectum are a failure."

Dr. N. A. Podkarninsky in the same periodical condemns in no uncertain terms the use of X-Rays in Cancer. They are poisonous to the cells of the body and tend to make the blood cancerous.

Dr. Sydney Thompson and others report a case of radium dermatitis which soon turned into a squamous—cell carcinoma. This in 1923, W. J. MacNeil and G. W. Willis reported a case of Skin Cancer following exposure to radium occurring in a medical practitioner of 16.

Dr. Francis Carter Wood of the American Association for the Control of Cancer summed up radium in the following words:

—(Please note the last three)

"Radium will not cure cancer. It only destroys cancerous tissue within a certain radius, but does not drive the disease from the blood."

Dr. Shiels of the New York Home for Incurable Cancer says:

"The cases we have today are worse than we had years ago before they had tried radium. It seems to me that radium makes them worse."

Dr. W. W. Fritz of Philadelphia, a well-known specialist in Cancer says: ——

"The more powerful the X-Ray, the stronger the radium, the greater the mortality."

Prof. J. H. Sequeira says: — Diseases of Skin, 1927

"Prolonged treatment by X-Rays unquestionably increases the liability to Cancer."

As radium acts only on the end products of Cancer, it is not only useless but it invades and destroys the healthy tissues around the tumor, destroying blood vessels and protective glands, which are most necessary in the healing process, and chases the disease to sonic internal organ, thus so complicating the case that cure is impossible. As a producer of metastases of Cancer to the liver and lungs, and frequently spine and bones, it stands at the head of all substances.

It takes a mental acrobat to harmonize the statements of the radiumists and the surgeons. The latter, in their operative zeal, remove the surrounding healthy tissues as of no use and they fail. The radiumists recognize the danger of this procedure, and yet they apply radium that destroys not only the function of these tissues but drives the disease to other parts. The final landing place of radium cannot be controlled.

Thus, after radium is used in stomach cancers we see resulting liver cancer. Breast cancers are driven to the lungs. Cancers of the eye are sent to the brain. Facial and tongue growths are frequently sent to the throat and windpipe and rectal cancers are disseminated by it through the intestines. Even a uterine cancer may originate from radium applied to a cancerous breast. The literature of radium damage is filled with similar cases. Cancer of the lung has increased tenfold since radium was discovered.

If a cancer patient is wise, not even an infinitesimal amount of radium should be

allowed. It would be safer to keep away from an office where radium is used for the emanations of radium exercise their baneful effects from a distance of 17 feet. This has been absolutely proved.

Surgery is BAD, there are cases where it might have to be used to prolong life, but radium is WORSE. It kills the patient.

THE TRUE CAUSE OF THE CANCER DISEASE

The theories as to the origin of Cancer are multitudinous and varied. So varied indeed are they that an eminent medical scientist sums them up in this sentence: —"We know nothing about cancers."

Mr. J. Ellis Barker, an English writer and investigator whose opinions are approved by Hoffman, has shown and proved it an irresistible logic, founded upon an exhaustive research into all the phases of the disease, that the true cause of Cancer is a chronic poisoning, extending over a period of many years, and embracing poisons received from without in almost any form and also poisons of our own creation.

Sir Arbuthnot Lane, the famous English authority, coincides with this view and adds: — "Cancer is a disease of civilization, a disease of faulty feeding. Cancer never affects a healthy organ." And again: —"We need not abolish civilization in order to abolish cancer.

That it is not caused by innocent growths, warts, moles, and the like, nor by chronic irritation of the ordinary kind, nor caused by old age, nor by some mythological microbe, nor by the hundred and one ever changing theories advanced by laboratory experts (many of whom have never seen a case of clinical cancer), is apparent from the multiple forms in which it appears, and the varied course of the disease.

Let us look at some of these forms of chronic poisoning:

1. We read of pitchworkers' cancers, of chimneysweeps' cancers, of mineral oil cancers, of tar cancers, aniline cancers, cancers from aspirin, of sun cancers, of X-Ray cancers, of radium cancers. These are caused by the poisoning of the blood by the substances mentioned. With some of these we must associate next: —

2. Burn Cancers. A Cancer creating poison is found in chronic burning in its various forms. DaCosta in his 'Modern Surgery," on page 258, writes, "The blood of burned animals contains toxins." Other writers verify thus. Burns in any and every form lead to poisoning of the body. Thousands of cases of Cancer have resulted from X-Ray burns whether they were due to "burning" or sonic other unknown effect. Radium has caused more cancers than any known substance except X-Ray. Its cancer-creating poison rays will prevent the success of any treatment, corrective or curative, of the Cancer disease. Chronic burning by the sun's rays has been mentioned by many authorities notably by Paul in his work entitled, "The Influence of Sunlight in the Production of Cancer of the Skin." The "Kangri" Cancers of the Hindus and the "Kairo" Cancers of the Japanese are burn cancers. We have Furnacenmen's cancer, Enginemen's cancers and Stoker's cancers in those who are constantly subjected to the prolonged application of heat to the thighs. The violet ray and ultra violet rays produce grave results, observable years after their use, according to an article in the London Lancet. As in the case of radium, the poisoning of the tissues goes on longer than we have hitherto believed. There is a toxin formed by burns, which circulates in the blood, which sooner or later is liable to show itself as an end product of the poison, or a cancerous growth. Another form of burning is the internal. Hence we will often find Cancers of the stomach and esophagus resulting from the continued use of drinks, tea, soup, water, etc., swallowed at some 40 degrees higher temperature than that in which we could bear our hands. Dr. William Mayo thinks Cancer of the stomach may oftentimes be due to this feature alone.

3. The metals and minerals and their salts are for time most part distinctly poisonous to the human body, especially is a chronic poisoning by a long continued use of them in small doses, doses too small to cause acute poisoning. Arsenic is known to produce cancerous symptoms and eventually a true skin

cancer. Lead so poisons the blood that Cancer results. Aniline poisoning is well known. Workers in Aniline, such as dyers, are especially liable to Cancer of the bladder. Parafine workers cancer is accepted as a reality. In fact there are many occupational cancers due to exposure for a long time to the specific poisons of their work.

4. Alcohol in prolonged inordinate use has long been recognized as a poison to the human system.

5. Syphilitic poison is a fruitful source of Cancer. Especially is this evident if time syphilitic patient has been dosed for many years with preparations of mercury, and arsenic in the form of salvarsan. The microorganism of syphilis permeates and poisons every cell in the body. We might better call them the mercury and arsenic cancers of the syphilitic.

6. One of the greatest cancer creating factors is the drug taking habit. The continuous or habitual taking of drugs eventually so poisons the human body that the observing physician can tell by the symptoms the person presents what drug he is taking. There is no field that can compare with that of treating diseases in variety and luxuriousness of drug store quackery. The desire of people to be rid of pain and discomfort is urgent. They cannot wait for an investigation and diagnosis. They diagnose themselves, treat themselves, poison themselves and the end is tuberculosis, cancer, pernicious anemia, or other chronic affection. They avoid a physician and play into the hands of the impostor and the undertaker.

One has but to refer to the advertising media of our so called drug stores to actually visualize the enormous extent whereby humanity is constantly being poisoned by drugs which are foreign to the human economy and are dealt out indiscriminately by the commercial purveyors. (Today pharmaceutical companies spend billions of dollars advertising their drugs directly to the public. Their obvious goal is to boost sales by the public prescribing their own medications when they visit their physicians.)

A physician who is permitted to prescribe for the sick must study intensely for a period of more than four years, possess a diploma certifying to his qualifications, and pass a state board. He knows then what medicines are needed and what should be avoided, and the why and wherefore of the same. However, under the present system he comes at once into competition with commercial interests in the line of drugstore advice favoring this or that nostrum.

Thus we find people buying drugs and prescribing for themselves and these drugs so improperly prescribed and taken produce as rule disastrous results, and their continuance poisons the entire system and lays a fine foundation for cancer and other conditions leading to its production.

Such substances as painkillers, nervines, headache medicines which will relieve all pains whatever the cause, laxatives for constipation, kidney pills, lactopeptic tablets, bile medicines, cough and cold remedies, asthma nostrums, throat lozenges, grippe capsules, pepsin compounds by the score, eye, ear, nose and throat medicines, sinus cleansers, hair tonics, dandruff removers, and the host of preparations ending in al and ol, makes a drug store advertisement read hike the catalogue of a pharmaceutical house.

There is, for example, no drug that will more surely poison the blood, and, despite the assertions of extensive advertising of the nostrum, weaken the heart than aspirin. The writer has seen at least one case of Cancer, which could only be due to the prolonged and habitual use of aspirin. The patient died of cancer of the breast that was brought on by its use. The poisoning in this case had extended over a period of many years.

The British Medical Journal, 1927, has the following:

"Probably few even of those who give special attention to the subject are aware of the enormous amount of synthetic drugs on the market. Frankel's well-known book on the subject contains the names of some 7000 chemical substances."

Poisoning of the atmosphere with exhaust fumes of automobiles has been charged with the great increase of lung cancer. This and the use of radium are probably the chief causes of this increase.

An English writer in 1923, ten years ago wrote the following:

"For all we know, people working in, or living near garages may develop cancer only in 10 or 30 years from now, and our petrol-fume laden towns may become hot beds of cancer, veritable cancer death-traps. At any rate, the pollution of the town air by petrol fumes cannot be good. Men need fresh air, but we destroy it, and the result must be the weakening of the air starved inhabitants."

We quote time following from that excellent work entitled "Your Moneys Worth:"

"The domain of modern medicine man is not so much a Wonderland as a rotting miasmal swamp. It touches the utmost limits of human degradation. For those who trade for profit on the hope and despair of the sick and ailing— who deliberately throw straws to those floundering in pain and anguish—no stricture, no contempt, is too great. They above all are the vultures of modern civilization."

The old fashioned term "cures" is avoided as illegal and in its place we find, "relievers," "removers," "restorers," "treatments," "wonderful discoveries," et id omne genus. Each organ has its medicine, we read of cystex for the kidneys, "Nature's Remedy Tablets," as if Nature needed a remedy, "Blood Purifiers," "Pile Disappearers," "Liver Pills," "Balm for Sick Women," and special "discoveries" for rheumatism, skin diseases, varicose veins, tonsils, and the usual "guaranteed or money refunded," or "no results or no pay" are frequently added, but never forthcoming.

There is not one of the above fragmentary lists that are given with anything like even an iota of intelligent prescribing. Pain is nature's signal that something is wrong. To deaden this pain with a painkiller, is to remove nature's signal that there is a cause of this pain somewhere that needs attention.

Also the scores of obesity cures, these according to well-established medical knowledge, either contain Thyroidine or Thyroid extract that reduces but which is exceedingly dangerous, or else they do not contain it and will not in any circumstance reduce.

Epilepsy cures all contain bromides often under another name such as luminal. Neither bromides nor luminal have any curative effect on epilepsy. This fact is well known to the medical profession.

All these poisons certainly interfere with nutrition and vitamin functioning and this is what does an irreparable damage.

7. Another set of Cancer creating poisons is found in the chemically treated foods, which we enjoy as a result of our advanced civilization. To cite a few: Sulfites are mixed with beverages and are used by butchers to keep meat free from taint. Chilled meat in carloads and shiploads is fumed with paraldehyde, a very injurious chemical. Butter, cream, margarine and bacon products contain boric acid or borax. Apricots, canned fruit and raisins are bleached with sulphuric acid. Gelatin is sulphurized. Preserved peas, beans and spinach contain copper used for beautifying purposes. Temperance beverages, ginger, beer, lime juice, contain frequently salicylic acid or benzoic acid, often as much as 7 grains to the pint. Flour is bleached with nitrous gases, and rice beautified by French chalk, which contains arsenic. Articles canned in tin containers dissolve off some of the metal depending on the acidity of the article. Acid fruits, tomatoes and rhubarb contain quite large quantities. Tin is a well-known poison when taken into the body. Aluminum hydroxide, which is distinctly poisonous, is dissolved off cooking vessels. Even water from the tap boiled a half hour becomes distinctly milky on cooling and deposits a white precipitate. Any one can try this out in a clean aluminum dish. There is nothing that will clean a discolored aluminum dish so well as cooking tomatoes in it.

Thus we are bombarded with chemical poisons at every meal. Is it a wonder that cancer is increasing and has greatly increased over the time that the most part of our foods went direct from the farm to the kitchen and were not beautified by "greening" or whitened by sulphur? Our grandmothers added a little hard cider or even brandy to their mincemeat, a far safer procedure than benzoic acid.

We have our pure food laws to be sure, but one has to be more than a chemist to know the effect of minute doses long continued on the human body.

The following is from Hoffman: — "The pronounced worldwide increase in the cancer death rate must somehow have a connection with our mode of living * * * Natural foods are diminishing everywhere, artificial foods are increasing. * * * What we really eat is but a mere guess for the food consumed may have been months in storage and been subjected to a large variety of processes of modification if not adulteration."

Dr. Harvey W. Wiley devoted his life work to improving the nutrition and consequently the health of the nation. He opposed adulteration of all foods and the introduction of food preservatives of any kind that were unnecessary and injurious to health. His work was opposed and nullified by those engaged in adulterating and misbranding foods. A board of experts passed on some of his work, by a vote of 222 to 29 against the introduction of any preservatives, and approximately in all fields the votes were in favor of the Doctor's contentions. He said, for instance that Duffy's Malt Whiskey was one of "the most gigantic frauds of the age and a flagrant violation of the laws." Yet as late as 1930 we find the druggists dispensing this brand of whisky on a doctor's prescription of whisky, which must have previously received the government's endorsement.

Dr. Wiley was forced out of his position because he would not unmake any compromise with the commercial adulterators. He especially opposed benzoic acid and borax as food preservatives on two grounds, first because these substances were unnecessary, and second, because their continued use poisoned the system.

The chlorinization of our drinking waters is along the same line of poisoning. Perhaps we will find some day that we are developing a symptomtological picture of chlorine poisoning in some of our cities. The safest drink for a cancer patient is distilled water.

8. We come now to consider another form of poisoning that is of the utmost importance in the cancer creating province.

This is self-poisoning or autointoxication. It is known that many of the waste materials of the body are extremely poisonous, and the excreta are especially toxic.

In a normal condition, nature provides for their being rendered harmless by certain antidotal secretions, and for their expulsion in a regular and harmonious manner at regular periods. Nature acts with great energy against all deleterious substances.

If nature's calls be neglected, postponed or ignored, and if the ingesting of poisoned materials in food or drink be continued, nature gives out, and the symptom constipation makes this known.

Constipation and its opposite, diarrhea, are symptoms, not diseases, though at times it has been found convenient to class them as diseases.

The symptom constipation arises from a slowing up of the secretive and muscular functions of the intestine dune to neglect, food deficiency and chronic poisoning, and this goes on until a condition of inaction known as intestinal stasis results. As the exhausted intestine no longer functions, the poisons of its contents are absorbed into the blood and autointoxication is added to the condition.

The symptom of habitual constipation is an invariable pre-growth symptom of cancer, and one would expect this would eventuate itself in some weakened part of the intestinal tract and produce cancer of the rectum, intestine, or somewhere along the digestive tract and so it does.

Sir Arbuthnot Lane says: — "in every case in which 1 have opportunity of verifying it, I have found that the cancer patient was suffering from chronic constipation and that the infection by cancer was an indirect consequence of this condition."

The late Dr. Robert Bell, the author of "The Conquest of Cancer," says:

"I have never come across a solitary case of cancer in which the patient had not been a victim of chronic constipation."

Dr. Pauchet, a noted French authority, says:

"Nine women out of every ten suffering from cancer of the breast were constipated. If they had been warned against constipation ten or fifteen years before they would never have suffered from tumor of the breast or from cancer."

Many other authorities might be quoted bearing out the truth of the assertion that cancer disease shows, as an early symptom, constipation.

It is not only by inattention to nature's calls, deficient foods, and faulty feeding that we weaken our intestinal function, but we add to this irritating poisons in the form of laxatives and purgatives in our asinine endeavors to correct the trouble. These further aggravate the condition, which may have been in the beginning a simple constipation, by substituting a veritable paralysis, or a complete intestinal stasis.

It is estimated that 90 percent of the civilized are constipated and it is true that constipation is a symptom of many diseases. It is an accompaniment of fevers, of many forums of spinal disease, of forms of insanity and other affections. It is further said that since only ten percent of the civilized die of cancer, it cannot be an important symptom of the cancer disease. Only eight percent of the people die from tuberculosis and yet all the people breathe in "uncountable millions of bacilli of tuberculosis."

But constipation is not the only pre-growth symptom of the cancer dyscrasia, although it is perhaps one of the more important. When we become familiar with the whole group of pre-growth Cancer symptoms and are able to classify them, we shall take an important step forward in preventing and curing the disease. This will be learned, not in the laboratory, but in the study of the individual with the disease or with the danger signals showing. Cancer research has practically excluded the clinical side.

Dr. L. Duncan Bulkley's writings are full of agreement with the foregoing views. He says, and we quote: — "It would surprise you if you knew how almost invariably cancer patients are constipated and have long been so. * * * * I have come to look upon this feature of imperfect intestinal excretion of intestinal stasis, as it is now called, as one of the prime elements in the causation of cancer."

The excrescencies of civilization have given us universal indigestion, universal constipation, universal self-drugging, universal autointoxication and universal cancer dyscrasias as potential pre-growth indications to the malignant cancer disease.

PRE-GROWTH SYMPTOMS OF CANCER

We have stated that poisoned and altered blood would give rise to symptoms. Arsenic poisoning in the acute form is readily recognized by the symptoms it produces. We know the symptoms of strychnine poisoning and a host of other poisons of bacterial or chemical or animal origin.

The attention of the medical profession was first called to the fact that cancer presents a train of pre-growth symptoms by Dr. William F. Koch of Detroit. Dr. Koch is a highly trained physiological chemist as well as a physician of keen discernment. He has applied a Synthetic Chemical Antitoxin to the cancer disease, and some three or four thousand physicians in the country are using the same with satisfying results, better than have been heretofore had by any treatment that had been used.

In an examination of 400 cases of cancer applying to his clinic in Detroit, he found pre-growth symptoms in 80 percent and he thinks he might have found them in the other 20 percent had he had the patience and time to devote to the minute examination necessary to elicit them.

The writer has minutely examined the case histories of 284 patients diagnosed as cancer cases and found their presence in every one of this number.

These pre-growth symptoms vary greatly with the individual, as we should expect.

We might expect their absence in some cases owing to individual resistance. For example, not all cases exposed to Rhus or ivy poison are poisoned; some can even handle it with impunity and rub it on their skin. The smoke poisons others when it is burning.

It has been noted also that the pre-growth symptoms might he arranged into classes. For instance, there are symptoms arising in the obese that are different from those of the thin and spare. There is a thyroid group presenting its special symptoms. Another might be termed the mucous group, presenting symptoms that the Homeopath would recognize as hydrastis symptoms; and still another presenting a different train of glandular troubles that the same Homeopath would recognize as conium symptoms. We also find Sir Lauder Brunton, the eminent English Therapeutic authority, mentioning these remedies as cancer remedies.

It is interesting if not significant that both hydrastis and conium are prominent cancer remedies, and the question arises. Is not the success of Homeopathy in cancer, and that they do have success cannot be denied, due to their recognizing the disease earlier than those physicians who must await the appearance of the tumor to diagnose the disease?

There is a strange group of pre-growth symptoms referring to the nervous and sensory organs and organs of special sense.

These pre-growth symptoms may be interconnected. Dr. Pauchet found constipation as a pre-growth symptom of breast cancer.

Much real research of value will be had in making a clinical study of these pre-growth manifestations to classify them and be able to present them in an orderly way to the profession and even the laity by teaching them to observe any divergence from their normal feelings and course of life.

They will enable us to fulfill the first desideratum of treatment: —Remove the Cause, and thus prevent the disease.

The scientific knowledge of cancer is confusion.

From Hippocrates to Virchow, Cancer was considered a diathesis, or a faulty bodily condition favoring the localization of the tumor.

The causes of Cancer are plain and obvious—faulty feeding, over feeding, it is a disease of faulty living.

It is in the body's fight against cancer that we find the significant symptoms of the disease, long before the tumor appears or has started to grow.

The efforts of the cancer research experts have gradually but surely proved themselves of no avail. The reason is simple for they do not deal with anything but the end products of the disease and it does not take an expert to recognize a cancerous tumor.

A healthy body will destroy the incipient Cancer disease just as it destroys incipient tuberculosis. Improvement in health is a protection against all diseases.

Medicine instead of becoming scientific has been commercialized and mechanicalized. It is the commercial travelers from the pharmaceutical houses who direct the treatment. The failure of Surgery in Cancer proves conclusively that Cancer is not a local disease.

DIET AND NOURISHMENT IN CANCER

Errors in diet are elements of modern civilization that are contributory causes to the general poisoning of the blood stream found in Cancer.

Statistics show that the increased use of meat, coffee, strong alcoholics and other foods and drinks greatly tend to the increase of cancer by hindering elimination. It may be set down as an axiom that if we keep the eliminative functions of our bodies working properly there will be no disease tendency anywhere in the body.

Hurried eating, imperfect mastication, overindulgence in badly selected foods and indolent physical habits are also favorable to this poisoning, and so the most important indication is to REMOVE THE CAUSE.

The object of diet in cancer is to nourish the individual sufficiently to maintain a normal blood alkalinity, which is done by feeding in proper amounts such materials, as that are conducive to the best digestive activities and bowel action, avoiding irritative and toxic or poisonous substances.

In general, foods must contain vitamins, mineral salts, fats, carbohydrates, protein and water. If these are not properly supplied, disorder and disease results, and the continued lack of any one of these is made apparent by symptoms. Thus lime deficiency manifests itself in rickets or softening of the bones.

We may supply the deficiency by giving lime if it be an actual simple deficiency, but if it be due to a lack of the power of the system to assimilate the lime, the mere giving of more lime will only add to the trouble, which can only be corrected by first putting the assimilative functions of the body in order.

In the Cancer disease the greatest safety lies in an absolutely vegetarian diet with only butter and cream added from the animal kingdom. Ehrhich showed that animals fed on rice could not be inoculated with Cancer and the same animals afterwards put on a meat diet were readily inoculated with the disease. This has also been confirmed by many other investigators.

All laboratory tests have shown that cancer is hindered in its production and slowed in its course by vegetable feeding. Where the consumption of meat has doubled during the last fifty years as it has done in the United States and in England, Cancer has increased fourfold.

Dr. Adolf Theilhaber, a German authority on cancer, says: — "Although vegetarians are apt to suffer from Cancer, they are less exposed to that disease than meat eaters. A vegetable diet seems to act as a protection against Cancer. That view is confirmed by my statistical studies."

Dr. J. H. Kellogg of Battle Creek, Michigan, says: "An anti-toxic diet, that is, a diet which discourages the development of putrefactive poisons in the intestine, is specially to be commended as a means of combating Cancer.

Tuberculosis, a constitutional disease, has been reduced 30 percent in the last 25 years by proper feeding, living and medical treatment.

Cancer, a constitutional disease, increased 30 percent in the last 25 years through lack of proper feeding, living and medical treatment.

Much of this condition is due, and has been shown, to the idea instilled by surgeons that surgical treatment of cancer was the only hope and that diet was secondary in importance and even a negligible quantity.

However, Cancer can be reduced and stayed as well as tuberculosis. Tuberculosis is favored by undernourishment and overwork. Cancer is favored by over nourishment and under work.

The first thing to be done in a Cancer patient, whether he be in the pre-growth stage, or presents the growth in any of its forms and severity, is to thoroughly detoxicate him, and the method of Koch is here supreme.

This having been completely done, he should be placed on a correct vegetarian diet so arranged and proportioned as to afford perfect nutrition and be attractive and acceptable at the same time.

A diet that is scanty in animal protein, (Flesh foods, such as meat), scanty in fats, and low in carbohydrates, (starches and sugars), plentiful in fruits and vegetables, high in mineral salts and high in vitamin content is to be sought.

Something raw with every meal, the more raw or uncooked foods the better, no foods that have been treated or preserved in any way, in other words, NATURAL FOOD is the thing desired.

THE CORRECT VEGETARIAN DIET IN CANCER

It is not an easy matter to enforce a regular stated diet for a long time. The questions of temperaments, of idiosyncrasies, of capacities, vary with each individual. Ages and seasons have their influences for there is a difference in foods taken out of season. Peoples who have been used to certain foods all their lives do not adjust themselves to changes. Each Cancer case requires a special study to tell what diet is necessary to correct the dietetic errors, as these errors are by no means the same in all cases.

The practical physician will know how to individualize diet and in a large measure conform to the patient's peculiarities without deviating from the general principles. He will know how to vary it judiciously.

Then the diet must be balanced with caution. This can often be done not by disregarding the patient's appetite and cravings but by gratifying them with guidance. In Cancer, as a general timing, the more the patient eats the less strength he has, the sooner he gives out and the more he poisons himself. It is extremely rare that an insufficient amount of food is harmful.

The cooking of foods very frequently has as a consequence, the abolishment of mastication, and consumption of excess foods and so it is advised to eat a certain amount of raw foods in the form of green salads and fresh fruit and thus preserve a necessary balance. Cooking destroys the vitamins requiring consumption of excess calories to get enough vitamins.

Many writers on diet in cancer have presented many lists of foods, which are either allowed or forbidden. Dr. L. Duncan Bulkley's list that he used in the New York Skin and Cancer Hospital for many years with success contained the following articles: —

Breakfasts: Cereals, Corn Meal, Rice, Hominy, Cracked Wheat, Graham Toast or Bread, Butter, some Sugar, Oranges, Postum, Hot Water and occasionally a Boiled or Poached Egg.

Dinners: Soups, Vegetable, Pea, Celery, Sago, Corn. Lima Beans, Baked Potatoes, Spinach, Corn, Carrots and Onions, String Beans, Cauliflower, Asparagus, Macaroni, Spaghetti, Graham Bread, Butter, Apples, Dates, Figs and Raisins, Stewed Celery, Baked Beans.

Suppers: Rolled Oats, Cream of Wheat. Farina, Barked Apples, Stewed Prunes, Crackers, Wheatena, Rice, Sliced Oranges, Figs. Graham Toast with Butter and occasionally Weak Tea.

From these lists the patient could select the articles that appealed to his appetite for each meal. The idea being to stick to the foods thus listed. Interchanges may be made to suit the appetites or even conveniences of patients so long as they do not depart from general principles.

Other writers' present lists that are on the whole similar to the above, including or removing certain articles.

Still others present diets excluding those articles which would be likely to interfere with the medication advocated. Perhaps the most practical and at the same time most scientific is that advised by Dr. Wm. F. Koch in connection with his Treatment for cancer by Synthetic Antitoxin.

We give it in full, as in our opinion it is the most complete of any, and fulfills the requirements of the cancer case no matter what the treatment be. Many of the articles on the forbidden list are manufactured substitutes for the real article; in fact, there is a reason for the exclusion of every one of the articles marked forbidden.

WHAT TO EAT

Fruits: Apples, Pears, Bananas, Dates, Huckleberries, Blueberries, Muskmelon, Watermelon.

Cereal Foods: Oatmeal, Cornmeal, Cracked Wheat, Rice (unpolished), Barley, Bran, Shredded Wheat.

Soups: Vegetable, Barley, Bean, Corn, Cream, Celery, Pea (fresh), Rice. (No canned soups permitted and no spices or tomato flavors, and no meat stock used in preparing same.

Vegetables: Cabbage, Brussel sprouts, Lentils, Butter Beans, Carrots, Celery, Cucumbers, Lettuce, Onions, Turnips, Beet Greens, Swiss Chard, Peas (new, not canned), Potatoes, Baked or Boiled; New Beans, Pumpkins, Squash, Sweet Potatoes, Baked or Boiled Wax Beans.

Dairy Foods: Butter, Sweet Cream.

Breads: Graham, Bran, Corn, live, Whole Wheat, (also toasts of these), Bran Muffins, Whole Wheat Biscuit.

Beverages: Apple Juice, Cream diluted one-half with water, Distilled Water, as much as desired. Avoid city waters, which are chlorinated.

Desserts: Whole Wheat Bread Pudding, Whole Wheat Cakes, Rice Pudding, Honey.

MUST NOT EAT WHILE UNDER TREATMENT

Fruits: Raisins, Cherries, Cranberries, Currants, Gooseberries, Grapefruit, Grapes, Loganberries, Figs, Pineapple, Prunes, Lemons, Limes, Oranges, Peaches, Plums, Quinces, Strawberries, Tangerines.

Vegetables: Artichokes, Eggplant, Parsnips, Parsley, Pepper Grass, Peppers, Asparagus, Rhubarb, Salsify, Sauerkraut, Spinach, Tomatoes, Water Cress.

Cereals: Processed cereals.

Dairy Foods: Buttermilk, Cheese (any kind), Malted Milk, Sour Milk, Sour Cream, Sweet Milk, must not eat Meats or Fish, or Eggs.

Candies: No Candies

Condiments: Bottle Sauces, Catsup, Ginger, Horse Radish, Mustard, Pepper, Spices, Vinegar.

Beverages: Alcohol, Beer, Champagne, Cordials, Coffee, Cocoa, Carbonated Water, Chocolate, Ginger Ale, Grape Juice, Lemonade, Mineral Waters, Tea.

Tobacco: No tobacco in any form.

During the treatment of cancer, it is necessary to avoid all medication of drugstore or household articles, of which the following is an important list as any of them are likely to add poisoning to the system or to interfere with any and all treatments:

Aromatic Spirits of Ammonia, Aspirin, Cold Tar Products, Cathartics, Castor Oil, Cold Creams, Cough Syrups, Sleeping Medicine, Pain Killers, Hair Tonics, Alcohol Rubs, Witch Hazel, Fever Mixtures, Hypodermic Injections, Iodine, Glycerine, Glycerine Suppositories, Patent Medicines, Salicylates, Vaseline, Cosmetics, Rouges, etc.

* For a more complete explanation of the Koch Diet, refer to the KOCH COOKBOOK on this web site.

The dietetic treatment of cancer and its general management should be under the direction of the physician. Self-dieting by the patient in this disease is as disastrous and inadvisable as self-drugging. Both work injury that cannot be remedied.

HOW SHALL WE TREAT CANCER?

The dictum, "Cancer is incurable except by operation." is UNTRUE and UNTENABLE, because cancer has been cured by medicines, by diet, and there are records of many spontaneous cures.

We have seen that Cancer is not a local disease, but a constitutional disease due to a systemic poisoning extending over a long period of time.

We have seen that the change in the blood caused by this poisoning will produce symptoms which will likely continue until the growth begins, and very often we will see these symptoms subside on the appearance of the growth.

We have seen that surgery is a failure because it cannot remove by operation the poison that causes the disease. We see recurrences invariably after operation.

We have seen that radium and X-Rays and other methods directed to the growth likewise fail, and in addition we have shown that these treatments have a real danger in distributing the toxins and driving the growths to vital points.

Therefore the indications for treatment seem clear. We might tabulate them in the following way: —

FIRST. Remove the cause of the disease.

SECOND. Correct the damage already done by:

(a) Restoring normal physiological functioning to the body and its organs by dietetic measures, physical measures and hygienic measures.

(b) Antidote the effects of the poisoning by antidotal measures, by medicines that will restore the blood to its normal state; here the usefulness of the Synthetic Antitoxin of Koch both as a prophylactic and curative measure warrants recognition.

(c) Stimulate the recuperative powers of the patient and above all avoid depleting the patient by continued operations.

THIRD. In early Cancerous cases the removing of the constipation and restoring intestinal action will rob the disease of two of its chief pre-growth symptoms and the cure will be easy.

FOURTH. Make a study of the pre-growth symptoms in every case, which will necessitate the study of the individual patient, his idiosyncrasies and peculiarities. In other words TREAT THE PATIENT INDIVIDUALLY. In this way will be stopped the ravages of this dreadful disease, which under orthodox and official treatment has been rapidly increasing for more than forty years.

ADDITIONAL OPINIONS

At the meeting of the California State Medical Society in May 1929, **"Dr. William Mayo the famous Rochester physician and surgeon pointed out that healthy tissues are never attacked by cancer, and that instead of concentrating on the cause of cancer, as in the past, the profession has shifted to preventive chemistry in an effort to conquer the disease."**

Dr. Mayo would find upon investigation that this movement has been going on for some years in the clinic of Dr. William F. Koch in Detroit and his followers throughout the country.

"We believe that cancer is primarily a systemic condition, and that it manifests itself locally at some point of irritation or interrupted circulation. We also believe that it has a fundamental chemical cause as its producing agency," Armstrong in "Medical Therapist", Kansas City.

Annie Riley Hale, a very incisive and charming writer, author of the book entitled

"These Cults," which received universal praise from the reviewers, has this to say referring to Surgery in Cancer: "If Cancer is a local disease, then surgery should apply in at least half the cases. But though they have been cutting and burning since Babylon was young, the records still show over 90 percent of those once affected with it dying of it, and that it is steadily on the increase in all civilized countries."

Dr. Dieulafoy of the Faculte de Medicine Paris made the following statement: "I have twice seen cancer of the lung in patients who had undergone operations." This was in referring specifically in one case to an osteo sarcoma, and the other to a testicular disease where an operation was followed by the disease attacking the lung with of course fatal results.

Dr. .J. W. Catheart of El Paso says: —— "Radium waves are capable of going through the human body much as a bird flies through a forest. They attack the cell nuclei killing the cell. Certain death creeps steadily on the affected part. Cells destroyed by radium are never replaced."

The late Dr. Ochsner one of the most distinguished of American Surgeons said: — "The percentage of cases that can be cured by surgical operation must always remain small. This is an implied belief that the disease is not local."

The late Dr. Elnora C. Folkmar of Washington, D. C., before cited, further says: — "Clinically both X-Rays and radium have been weighed and found wanting as effective means for the cure of cancer. The observations of Luckisch, Pacini, and Crile give the scientific data that explains this failure. The lesson to be learned is that radium and X-Ray, are dangerous and inefficient weapons to use in the treatment of Cancer."

The Associated Press reports that Dr. S. Von Sochocky, the inventor of the luminous paint, which has taken the lives of six women and afflicted a number of others with a bone destroying disease, died recently, the seventh known victim of his invention. Radium poisoning received wide publicity last summer when the suits of five women, aggregating one and a quarter million dollars, against the U. S. Radium Corporation were settled out of court.

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